

Radical Openness Handout 9.1

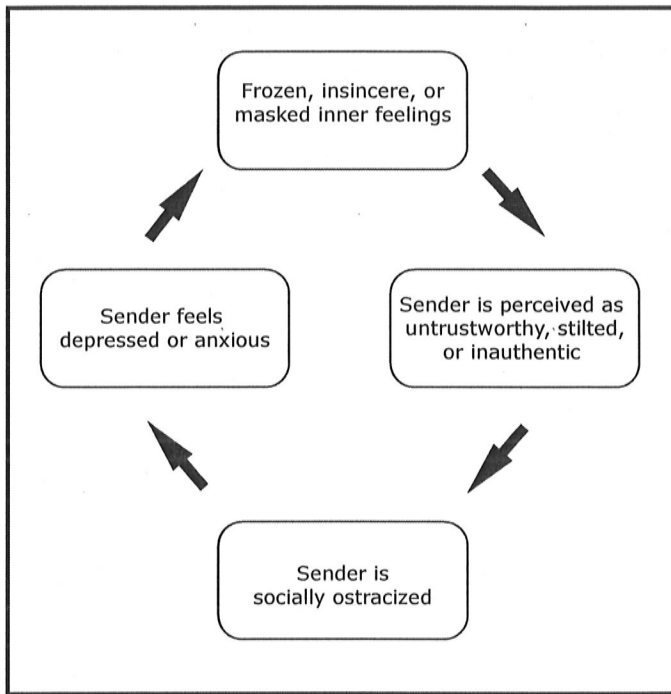
Open Expression = Trust = Social Connectedness

- **Humans are expert social safety detectors.** We are able to sense whether another person is feeling genuinely safe and relaxed during interactions, based on voice tone, body posture, and facial expression.
- **We are suspicious of people who hide their inner feelings.** We feel tense when around them and are more likely to avoid them.
- **People like people who openly express their emotions.** They are perceived as more genuine and trustworthy, compared to those who suppress or mask them.
- **Open expression *does not mean* simply expressing emotions without awareness or consideration.** Effective emotional expression is always *context*-dependent. Sometimes constraint or controlled expression is what is needed to be effective, avoid unnecessary damage, and/or live by one's values (for example, a police officer arresting a suspect; during a game of poker; a charged discussion with one's adolescent child).
- **Nor does it mean uncontrolled venting or blaming of others for one's emotions.** It involves openly revealing emotions in a manner that acknowledges our responsibility in creating them. It takes responsibility for what we have brought to the table rather than blaming our experience on others.
- **Plus, open expression *does not mean* pretending that everything is okay when it's not.**
- **Importantly, there is no right or optimal way to socially signal.** Each of us has our own unique style of expression.
- **What is important is for your style to actually function to communicate your intentions and inner experience to the other person, especially when it comes to people you desire to be close to.**
- **Yet to form long-lasting intimate bonds, you must reveal vulnerability. This transmits two powerful social signals to the other person:**
 1. **We trust them.** When we don't trust someone, we hide our true intentions and mask our inner feelings.
 2. **We are the same because we share a common bond of human fallibility.** True friendship begins when two people are able to share not only their successes but their secret doubts, fears, and past mistakes with the other.

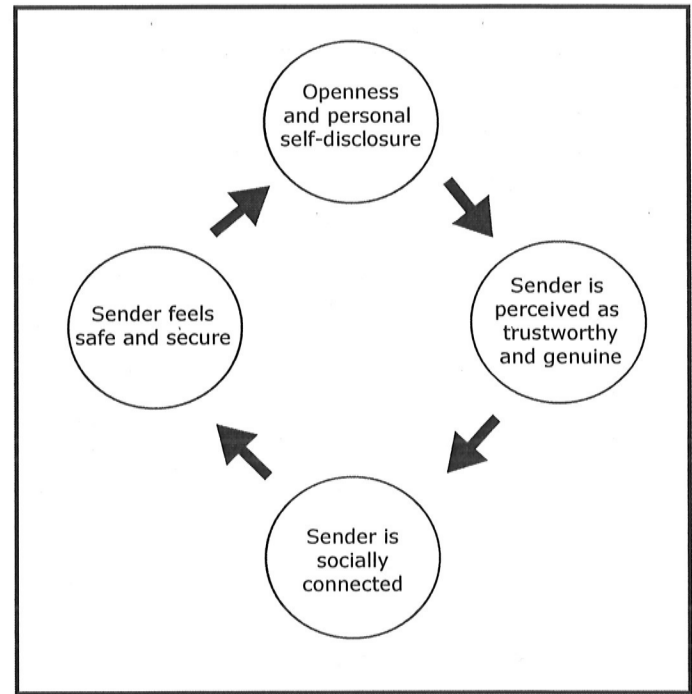
Radical Openness Handout 9.2

Emotions Communicate to Others

Inhibited Expression



Open Expression



- Remember, open expression does *not* mean expressing emotions without awareness or consideration.
- On the contrary, effective emotional expression always depends on the situation.

Radical Openness Handout 21.2

Match + 1 Intimacy Rating Scale



Examples of Levels 1-2	Examples of Levels 3-4	Examples of Levels 5-6	Examples of Levels 7-8	Examples of Level 9	Examples of Level 10
Talking about everyday nonemotional events (the weather, traffic conditions, or the taste of a meal) and/or stating opinions about nonemotional topics (the service at a restaurant or the color of a room)	Making nonemotional disclosures about personal goals or values (politics, parenting, philosophy) and/or making emotional or passionate disclosures about nonpersonal topics (world peace) and/or revealing socially acceptable personal preferences ("I love to go mountain biking")	Revealing private feelings or emotional judgments about personal events (one's true feelings about the boss or a coworker) and/or revealing possibly socially unacceptable opinions, judgments, or preferences ("I detest disorganized people")	Revealing personal opinions or thoughts about the relationship ("I really like you") and/or revealing private feelings or judgments about highly emotional personal events (giving details about one's unhappy marriage) and/or engaging in open expression (tears, uninhibited laughter, more eye contact)	Revealing feelings of affection or desire for more intimacy ("I want to spend more time with you") and/or sharing stories of shameful or embarrassing experiences that could be damaging if known publicly and/or being willing to be highly vulnerable (sharing extreme self-doubt or weaknesses)	Expressing love or intense feelings of caring and desire for a committed long-term relationship and being willing to reveal deep-seated vulnerable emotions that one may never have expressed before and to make serious personal sacrifices for the relationship

Radical Openness Handout 21.3

Using Match + 1 to Establish New or Improve Existing Relationships

Match + 1 refers to a simple principle: we must reveal personal information in order to get close to another person.

Step 1. Revealing Personal Information

- Greet the person—for example, “Hi. How are you?”
- Begin Match + 1 by revealing to the other person something about your day, week, or life—for example, “I went on a really nice bike ride today—but PHEW! What a workout!”
- Mindfully listen to how the person responds.
- If you want to get to know the person better, match his or her level of self-disclosure and go one level higher (Match + 1) by revealing more personal details, genuine opinions, and emotions about yourself.
- Keep it up! Don’t stop providing details about your life just because the other person does not immediately respond similarly. Remember that getting to know someone takes time, AND the more you reveal, the more likely a person will reciprocate.
- Match + 1 means revealing personal information about yourself, NOT asking personal questions about another person’s life (though asking questions is okay).

Step 2. Estimating the Level of Intimacy

The second step in Match + 1 is helpful but not essential. This step allows us to nonjudgmentally evaluate what we imagine was the level of intimacy of the interaction.

- After an interaction with someone you would like to get to know better, use the following questions to encourage self-enquiry.
 - *How much personal information did I reveal?*
 - *What level of intimacy do I believe best describes the interaction I had with this person? Use handout 21.2 (Match + 1 Intimacy Rating Scale).*
 - *Did the person I was interacting with match my level of self-disclosure? What did they specifically do or say that helped me make this determination?*
 - *Is there a chance that I am operating from Fixed Mind or Fatalistic Mind when I evaluate the interaction? If so, what might I do to determine this more fully?*
 - *At what levels of intimacy are most of my other relationships?*
 - *What skills do I need to practice to go higher on the Match + 1 Intimacy Rating Scale in my relationships?*

- **Next, use the Match + 1 Intimacy Rating Scale** to estimate what level of intimacy you experienced with the other person during the interaction. See handout 21.2 (Match + 1 Intimacy Rating Scale).
- **Remember that closeness takes time.** Practice Match + 1 with someone multiple times in order to obtain a better sense of how close the person may want to be with you.
- **Finally, these ratings are NOT truth, only estimates.** So don't give up on a relationship you really want—keep revealing!

Radical Openness Worksheet 19.A

Flexible Mind Validates: The Seven Levels

Look for five opportunities to validate another person. Describe the situations in which you practiced validation, what you said or did, and the aftereffects.

- **Remember**, validation involves (1) understanding the other person, (2) communicating this understanding to them, and (3) the other person confirming that what you communicated was experienced by them as validating.

Level 1. Being Attentive: "You Are a Worthy Tribe Member"

This means using nonverbal signals to ensure that the other person is aware that you are interested and care about them.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Used head nods (up-and-down movement) to signal attentiveness.
- ☐ Matched the other person's emotional expression to signal empathy.
- ☐ Used eyebrow wags and smiling to signal cooperation.
- ☐ Used a prolonged shoulder shrug combined with openhanded gestures to signal nondominance and openness.
- ☐ Turned my body toward them during the conversation to signal interest.
- ☐ Maintained eye contact to signal interest, caring, or concern.

Other skills.

Level 2. Reflecting Back: “We’re in the Same Tribe”

This means simply repeating back to the other person what we heard, with humility.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Listened and repeated back what I heard the person saying. I said...

- ☐ Was open to feedback suggesting that my reflection was not entirely accurate, and then tried again, using an easy manner.
- ☐ Used Flexible Mind ADOPTS to enhance my openness to the corrective feedback.

Level 3. Empathic Mind Reading: “Welcome Home!”

This means offering helpful guesses about what the other person may be trying to communicate.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Began my mind read by saying, “If I were in your shoes, I might be...” and then revealed what I imagined he or she might be experiencing or wanting.
- ☐ Began by using the Awareness Continuum (“I am aware of imagining that...”) and then described what I imagined they might be experiencing or wanting.
- ☐ Blocked offering solutions or asking questions.
- ☐ Practiced humility by remembering we don’t see things as they are—we see things as we are. Therefore, my mind read may be more about me than it is about them.
- ☐ Was open to feedback from the other person that my mind read was not entirely accurate or was even completely wrong, and then tried again, with an easy manner, or asked the person to help me understand better.
- ☐ Used Flexible Mind ADOPTS to be open to corrective feedback.
- ☐ Apologized if my mind read was experienced as hurtful to the other person, in order to signal that his or her feelings and reactions are important to me.
- ☐ Remembered that a successful mind read does not mean approval. I can understand someone yet still disagree.

Other skills.

Level 4. "Based on Your History..."

This means signaling to the other person that, given their background or biology, their experience or reaction makes sense.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Started by saying "It makes sense that you..." then described my response and continued by saying, "...because of what happened to you in the past," ending with a brief description of the past experience.
- ☐ Remembered that level 4 validation does not mean approval, and instead communicated, in a warm manner, that the behavior is understandable, given the person's past history or biology.
- ☐ Was open to being inaccurate, and used Flexible Mind ADOPTS skills to help.
- ☐ Remembered that it is hard to validate at level 4 if I don't know anything about the person's past history.

Other skills.

Level 5. Normalizing: "You Never Left the Tribe"

This means signaling to the other person that anyone in the same situation would have behaved in a similar fashion.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Started by saying "It makes sense that you..." then described the response, ending with "...because anyone would have responded the same."
- ☐ Was open to feedback from the other person that what I said was not experienced as validating, and asked the person to help me better understand.

Other skills.

Level 6. Signaling Trust: "I Believe in You"

This means genuinely revealing our inner experience, without blaming or trying to control the other person or the situation, and trusting the other person to be able to deal with that.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Reminded myself that people trust and prefer to spend time with people who openly reveal their inner feelings, even when the emotions are negative.
- ☐ Expressed my genuine emotion and inner thoughts, and took responsibility for my reactions rather than blaming my experience on others or the world.
- ☐ Used the Awareness Continuum to help take ownership and describe my emotions, thoughts, sensations, and images when I was talking with the person (for example, "I am aware of a thought that...", "I am aware of an emotion of...", "I am aware of imagining that...", or "I am aware of a sensation of...").
- ☐ Trusted the person I was interacting with to be capable of finding his or her own solution rather than telling the person what to do.
- ☐ Blocked pretending that everything was okay, and revealed what I was genuinely experiencing in the moment, without blaming the other person.
- ☐ Went opposite to thinking "They won't be able to handle what I truly think or feel" and revealed anyway.
- ☐ Went opposite to walking on eggshells or trying to control the other person's reaction by revealing my genuine experience in the moment, without blaming the other person for my personal reactions.

Other skills.

Level 7. Reciprocity: "We Are the Same"

This means matching the other person's level of emotional expression or vulnerability.

Place a checkmark in the boxes next to the skills you practiced.

- ☐ Remembered that people believe nonverbal expressions of emotion to be more truthful than what a person says.
- ☐ Remembered that matching expressions of emotions (whether positive or negative) communicates that the other person's experience is valid because I am reacting in the same manner.
- ☐ Practiced matching the level of emotional intensity, vulnerability, or manner of expression of the person I was interacting with.

Other skills.
